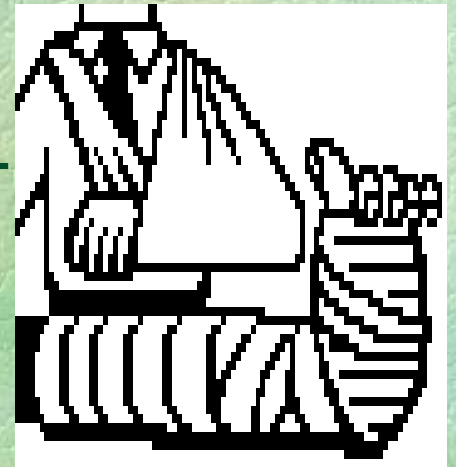


Fitness For Our Force

Health Histories, Sa
and Emergency
Procedures



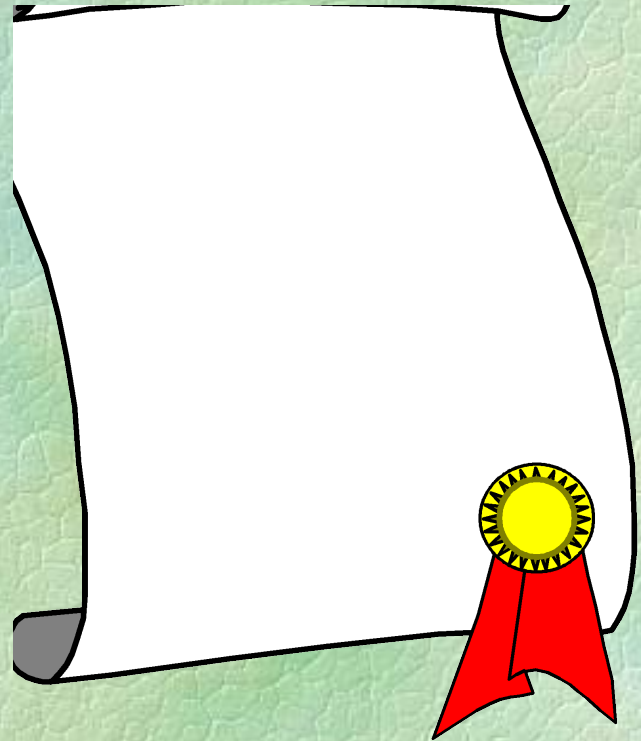
HEALTH HISTORY APPRAISAL

- ☛ A health history appraisal is used for many purposes.
- ▢ A health history appraisal is a questionnaire or a collection of data of one's genealogical health history.
- ▢ It's goal is to know and determine what possible health problems one is at risk of.



What does it look like

- A health history appraisal form would take on the shape of the Par-Q or a more in depth screening questionnaire asking about medical history



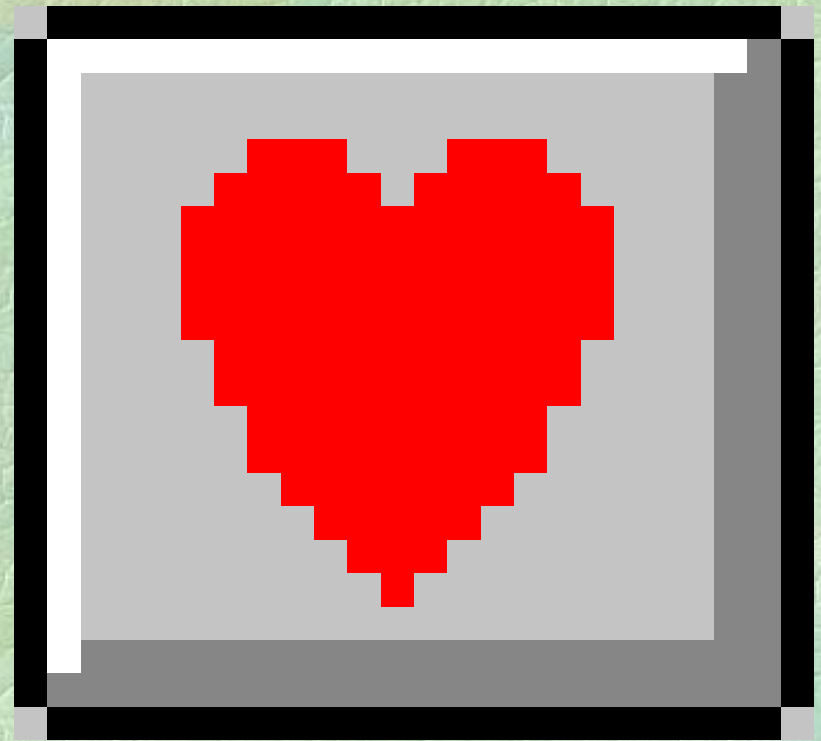
Purpose

- By evaluating a health history appraisal, one can identify their risk to specific ailments and element possible exercises, or drugs from their regimen that increase risk.



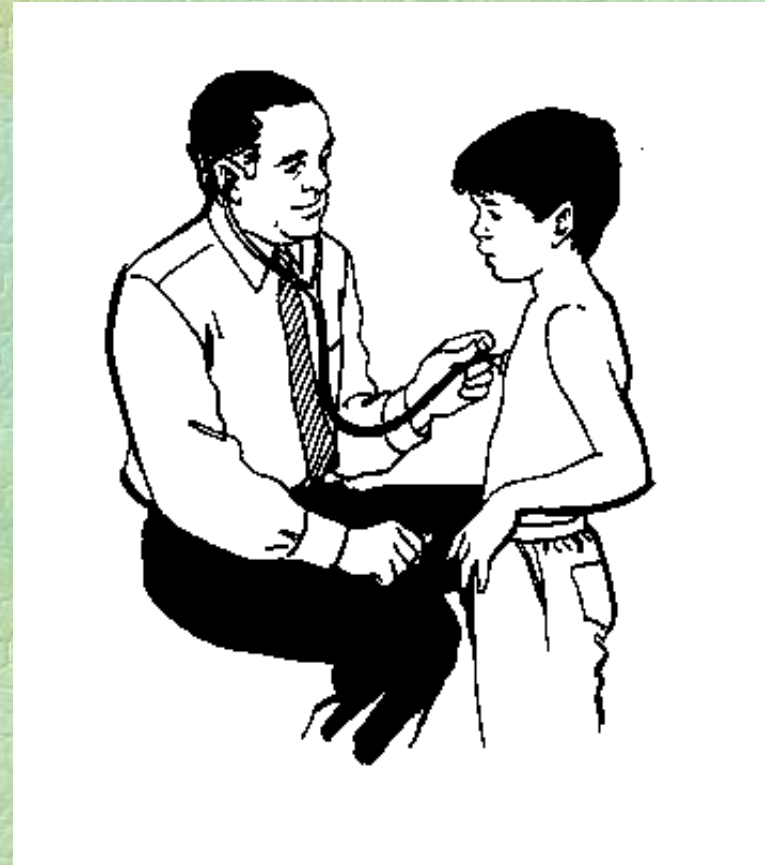
How Useful Are They?

- 👉 The use of health history appraisal for the prevention injury in exercise has been very effective at reducing cardio-pulmonary complications. Thus saving lives.



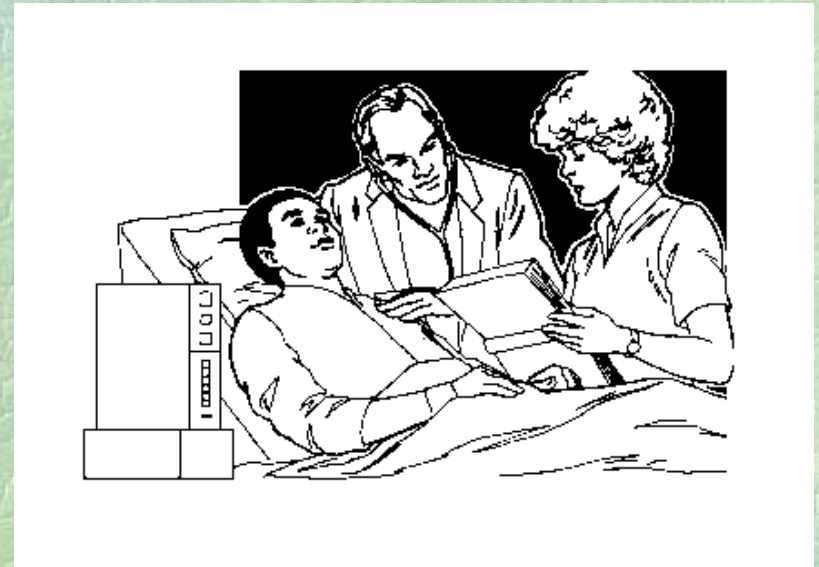
Ask a Physician

- If one answers yes to any questions in the “Par-Q & You” or has a history of cardio-respiratory disease, or any other serious complication, that person should consult a physician before engaging in physical activity.



Check Yourself!

🐸 If someone has questions about their health risk it is important that they have a physical and talk to their physician about their health history.



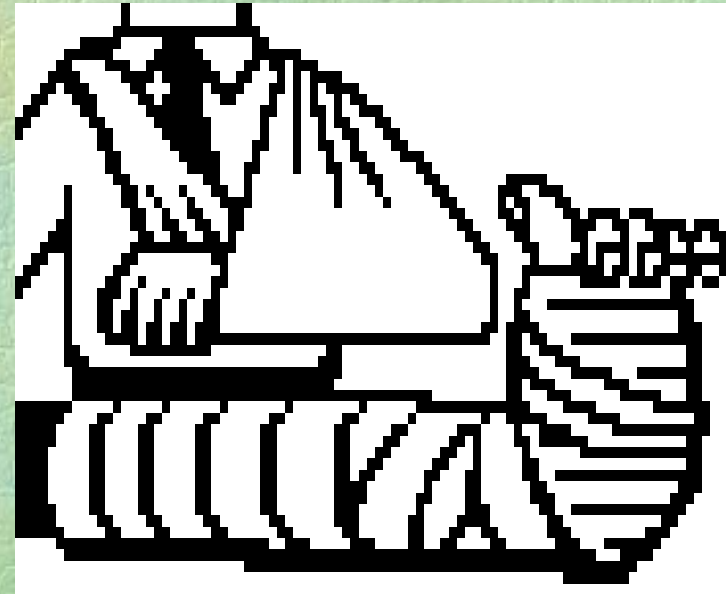
Exercise Programs

- ☛ There are three basic types of exercise programs.
- The beginning, progressive, and the maintenance programs.
- Each one has a different purpose and goal.



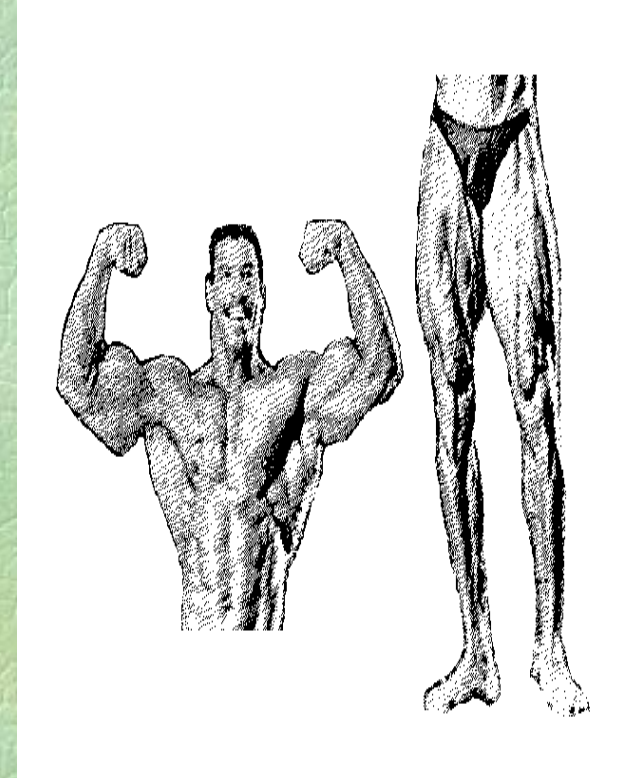
The Beginning Program

- The beginning stage is the time period in which the body is first experiencing physical activity.
- It should be a period of light exercise designed to condition the body.
- This is a crucial stage at which many people quit and many people get injured due to overexertion.



The Progressive Program

- The Progressive stage is the stage at which a person is trying to improve their physical ability by working harder/longer to achieve a personal goal.
- Progressive goals may include better cardiorespiratory health, bigger, stronger muscularity, body-fat reduction, endurance, or better overall performance.



The Maintenance Program

- The Maintenance program is a set of exercises or intensity set to maintain the physical ability or appearance of an individual.
- It is not set to make gains but to do just enough to not lose.



Goals

- It is important to assess the personal goals a person has in order to pick a program that is right for that individual.
- A person should always start in the beginning stage to reduce injury risk.



Informed Consent and Medical Clearance

What is informed consent and medical clearance ?

- Informed consent is given by a patient to a physician to document the fact that the patient understands and agrees to the recommended treatment or tests.
- Medical clearance is given by a physician to a patient to document the fact that specific activities in which the patient participates are not harmful to the patient or do not interfere with the treatment of the patient

Why is medical clearance important in exercise ?

- 👉 Helps prevent injury
- Keeps the physician aware of the patient's activities
- Decreases the risk of causing further complications in an existing health condition
- Prevents activities from interfering with medical treatments for existing conditions

Who should seek medical clearance for exercise?

- ☞ Anyone under a physician's care for an existing condition
- ☐ Anyone who wishes to start an exercise program for the first time
- ☐ Anyone who has had an injury from previous exercise
- ☐ Anyone who is concerned about the type of exercise in which he is interested

Why is informed consent important?

- ☞ Informed consent ensures that the patient understands the treatment he receives
- ☐ Encourages interaction between physician and patient
- ☐ Decreases the chance for patient misunderstandings
- ☐ Decreases liability risk

Can exercise be considered part of treatment?

- ▢ Patients may be encouraged to start an exercise program to lose weight or strengthen the heart
- ▢ The patient should be well informed on exercise techniques and limitations
- ▢ The patient should understand the importance of the exercise program and the consequences of not exercising

Risks associated with

☐ Injuries

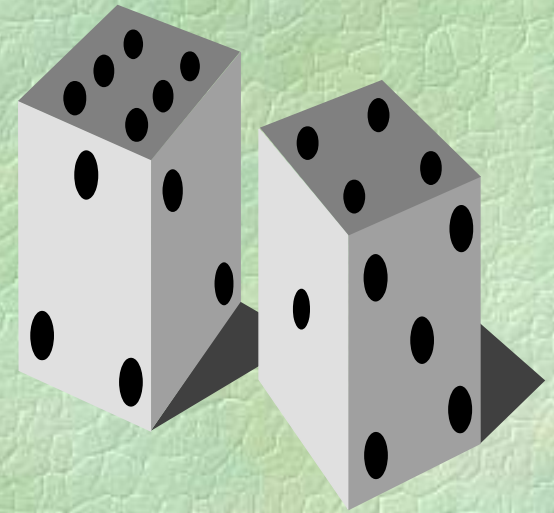
exercise

- Muscle tears
- Joints
 - Knees, Ankles

☐ Muscle soreness

☐ Death

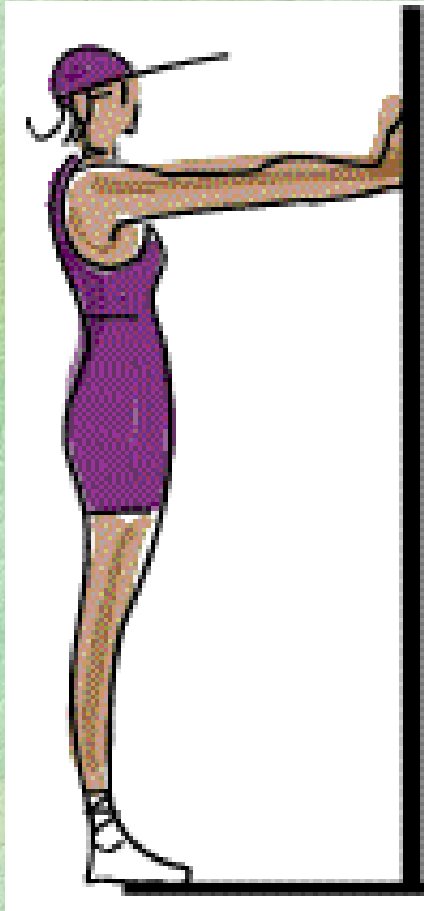
- Heart Attack
- Stroke
- Run Over By Speeding Vehicles



Risky Stretches

- the yoga plough
- the backbend
- the hurdler's stretch
- the straight-legged toe touch

What is flexibility?

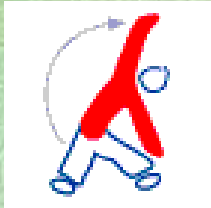


- Flexibility is a joint's ability to move through a full range of motion. Flexibility training (stretching) helps balance muscle groups that might be overused during exercise or physical activity or as a result of bad posture.

Benefits of flexibility stretching



- ☞ Allows greater freedom of movement and improved posture
- ☐ Increases physical and mental relaxation
- ☐ Releases muscle tension and soreness
- ☐ Reduces risk of injury

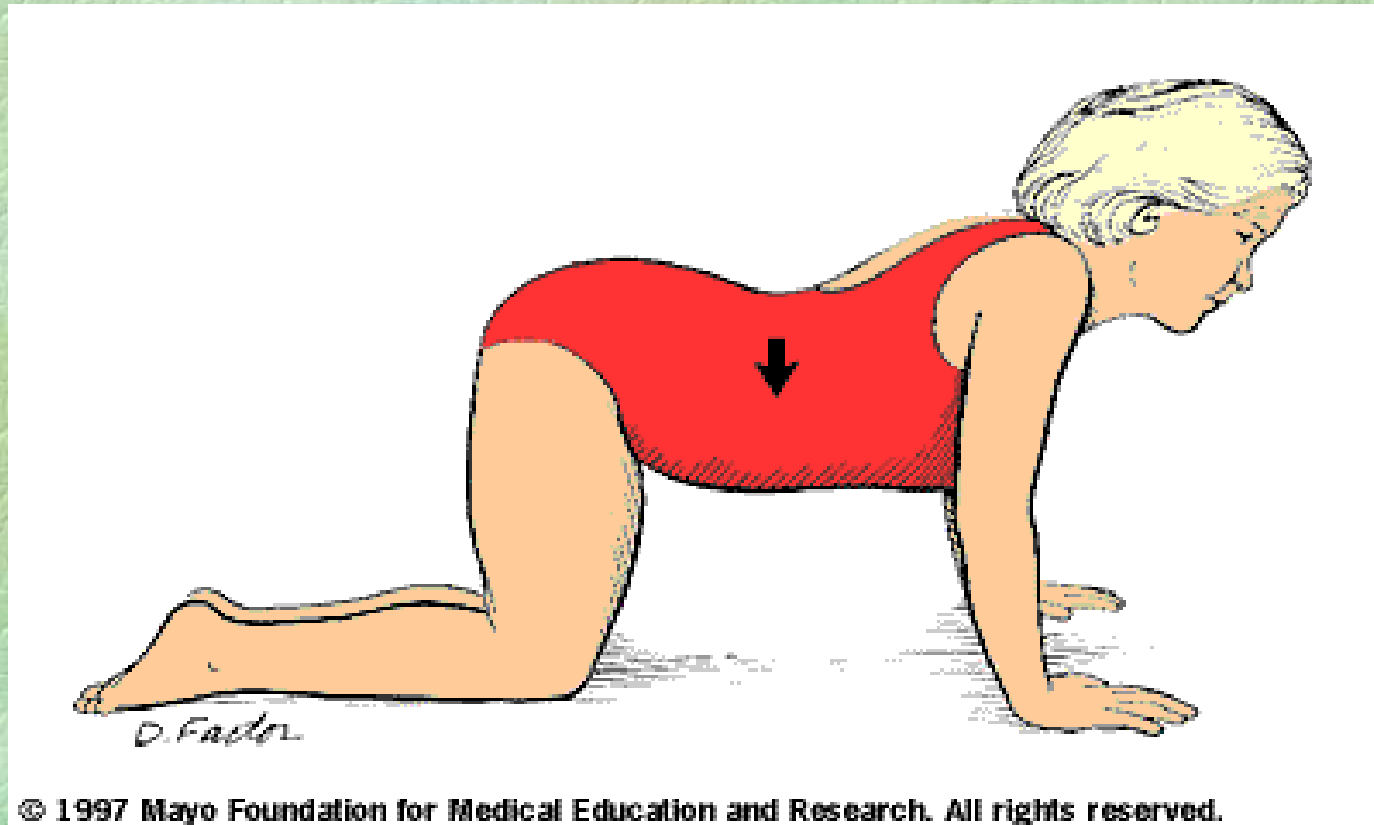


Stretches to improve flexibility

Flexibility stretches include the following:

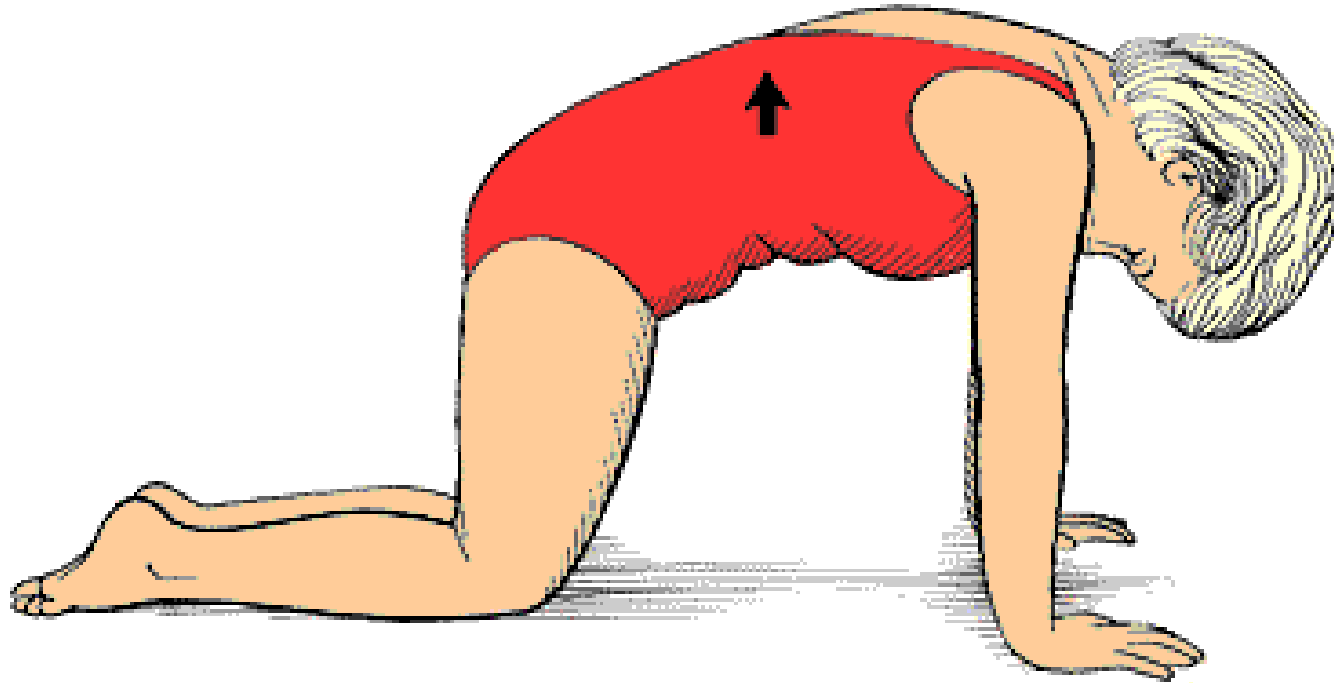
- Cat Stretches
- Lower Back Stretches
- Calf Stretches
- Quadriceps Stretches
- Hip Flexor Stretches
- Hip Abductor Stretches

The cat stretch



Get down on your hands and knees. Slowly let your back sag toward the floor in order to get movement throughout your back and pelvis.

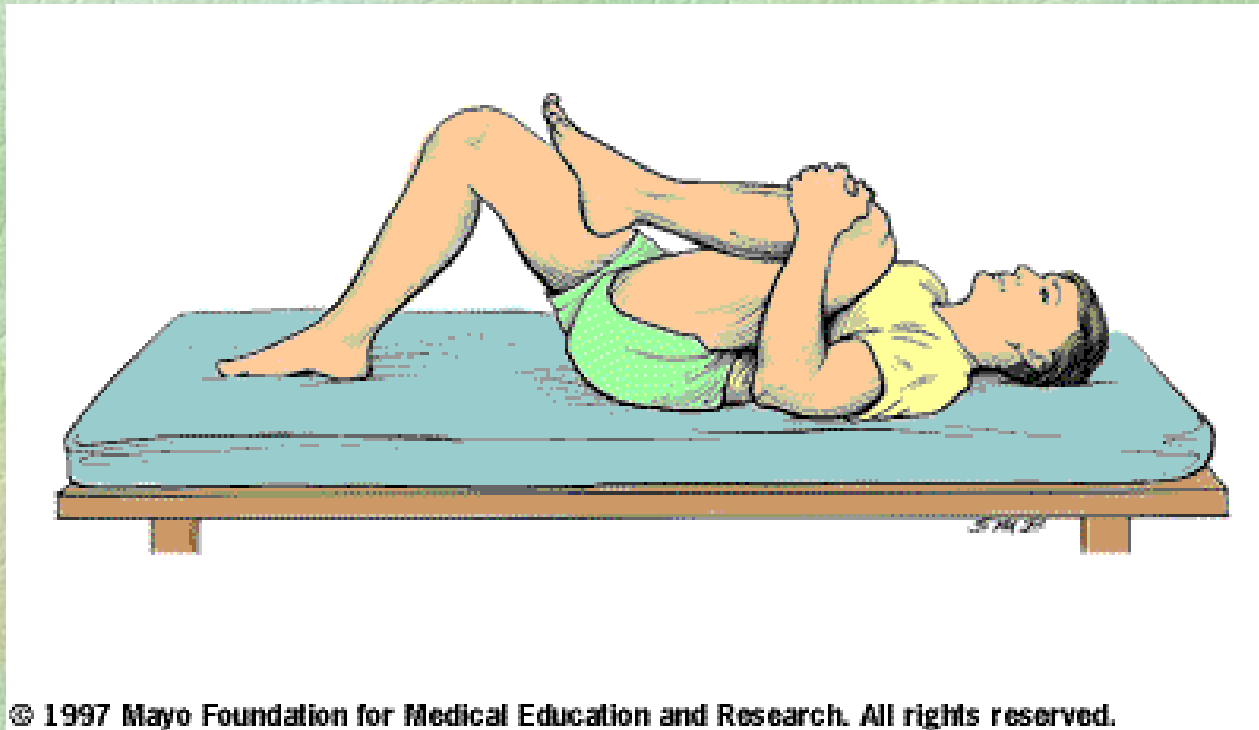
The cat stretch part II



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Then slowly arch your back away from the floor.

The lower back stretch

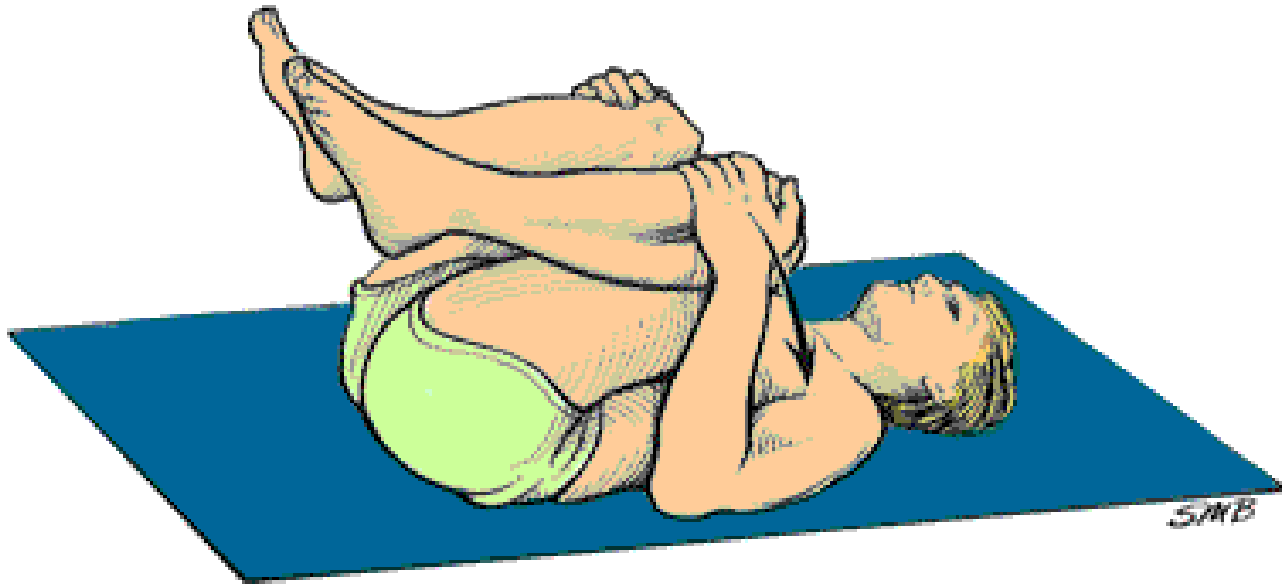


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Lie on your back on a firm surface with your hips and knees bent and feet flat on the surface. Pull your left knee toward your shoulder with both hands. Hold for 30 seconds. Repeat with right knee.

The lower back stretch

pa

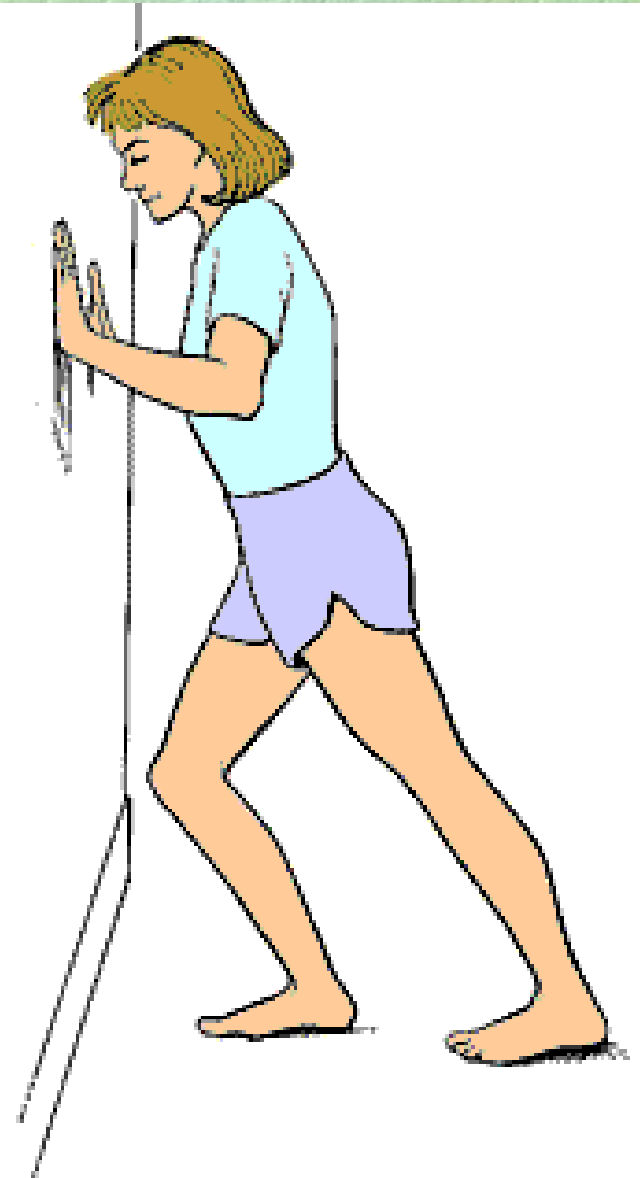


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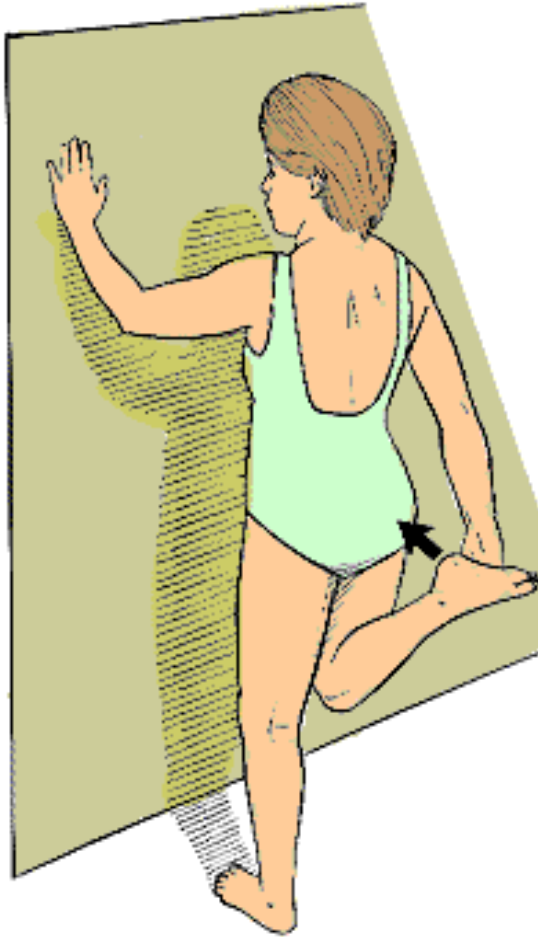
Lifting one leg at a time, pull both knees toward your shoulders. Stop when you feel a stretch in your lower back. Hold for 30 seconds. Return legs, one at a time, to starting position.

The calf stretch

Stand at arm's length from a wall with your palms flat against the wall. Slowly bend elbows and lean toward the wall. Keep the involved leg back with the knee straight and the heel flat on the floor. Hold for 30 seconds.

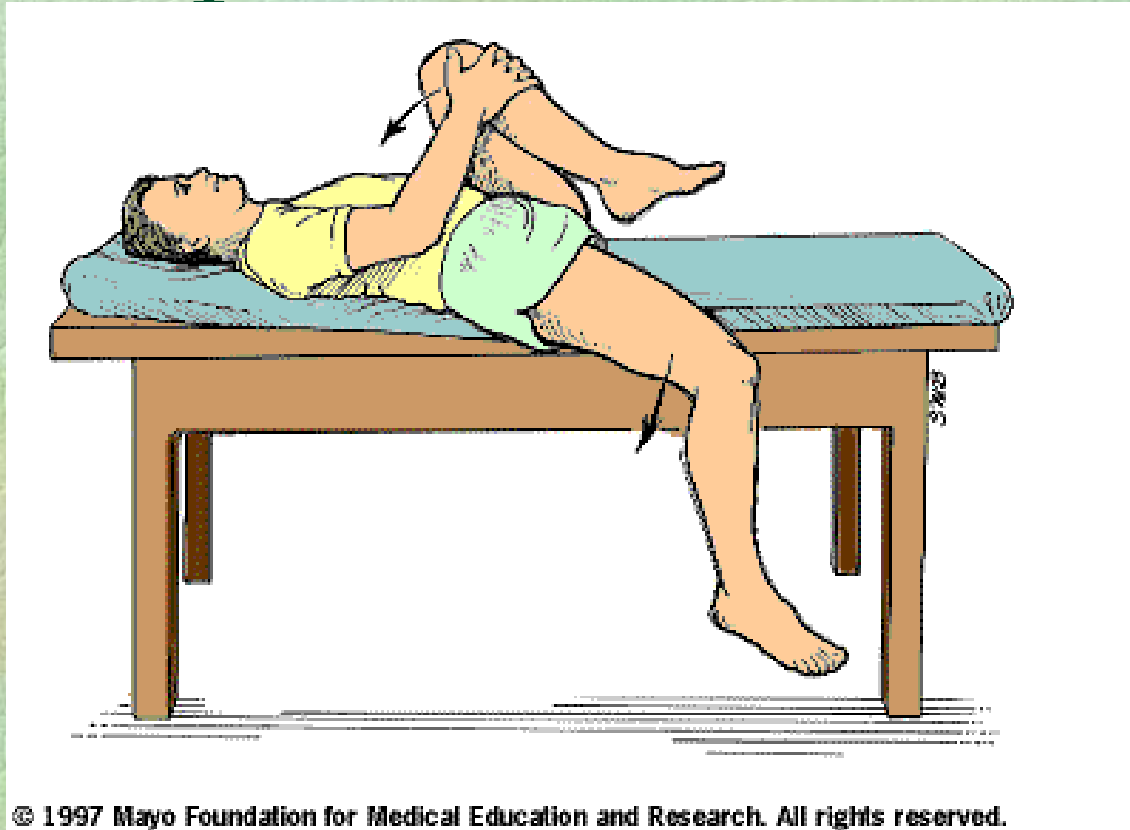


The quadriceps stretch



Stand facing the wall. Place free hand against wall. Grasp right foot with your right hand and gently pull heel toward buttocks until you feel mild tension in quadriceps. Tighten stomach. Do not lock knee of supporting leg and keep the leg you are stretching directly under you. Relax and hold stretch for 30 seconds. Repeat with other leg.

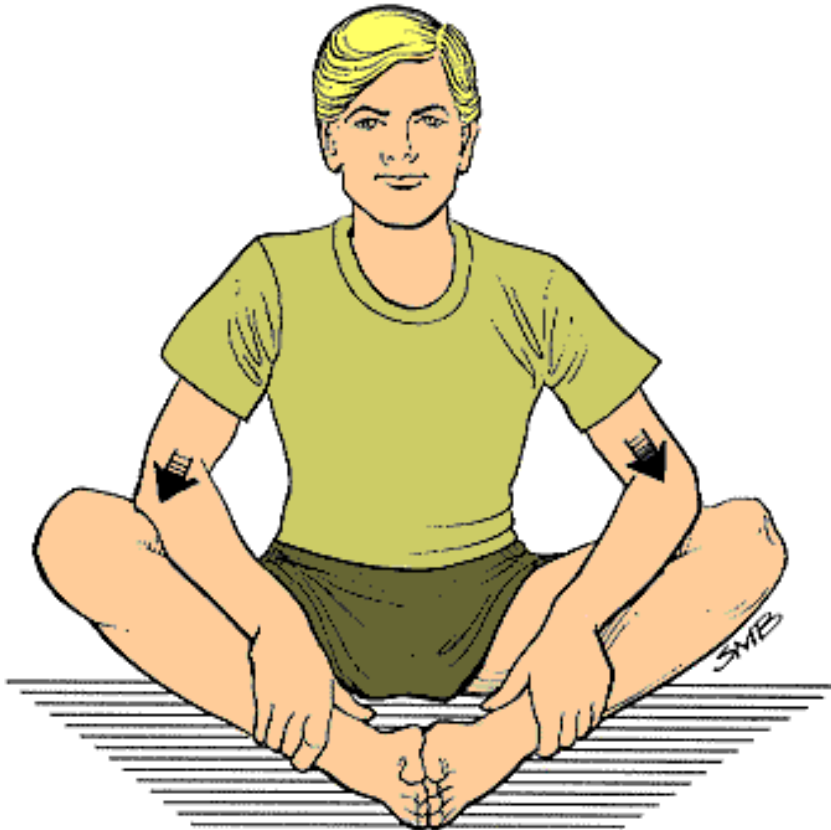
The hip flexor stretch



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Lie down on a table or bed with your leg and hip near the edge. Pull thigh and knee firmly toward chest until lower back flattens against table. Let other leg hang over edge. Hold for 30 seconds. Switch legs and repeat.

The hip abductor stretch



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Sit on a firm surface and place the soles of your feet together forming a circle figure with your legs. Gently lean forward to feel an inner thigh stretch. For a stronger stretch, use arms to gently push knees toward the floor.

When performing any stretch



- Start each stretch slowly, exhaling as you gently stretch the muscle.
- Try to hold each stretch for at least 10 to 30 seconds.

Avoid these stretching mistakes

- 🐸 Don't bounce a stretch.
- ❑ Holding a stretch is more effective and there is less risk of injury.
- ❑ Don't stretch a muscle that is not warmed up.
- ❑ Don't strain or push a muscle too far.
- ❑ If a stretch hurts, ease up.
- ❑ Don't hold your breath.

Exercises to avoid



Some traditional exercises may cause injury.

Contraindicated exercises

The following exercises are contraindicated, which means they have been medically proven to be unsafe and may cause injury.

- 👉 1. Double Leg Raises
- 2. Straight-Leg Sit-Ups
- 3. Standing Straight Leg Toe Touch
- 4. Full Squats (Deep Knee Bends)
- 5. Donkey Kicks

Double Leg Raises

By raising and lowering your legs while laying on your back works the hip flexors and puts an enormous strain on your lumbar vertebrae.

A safer alternative: Crunches where the knees are bent.

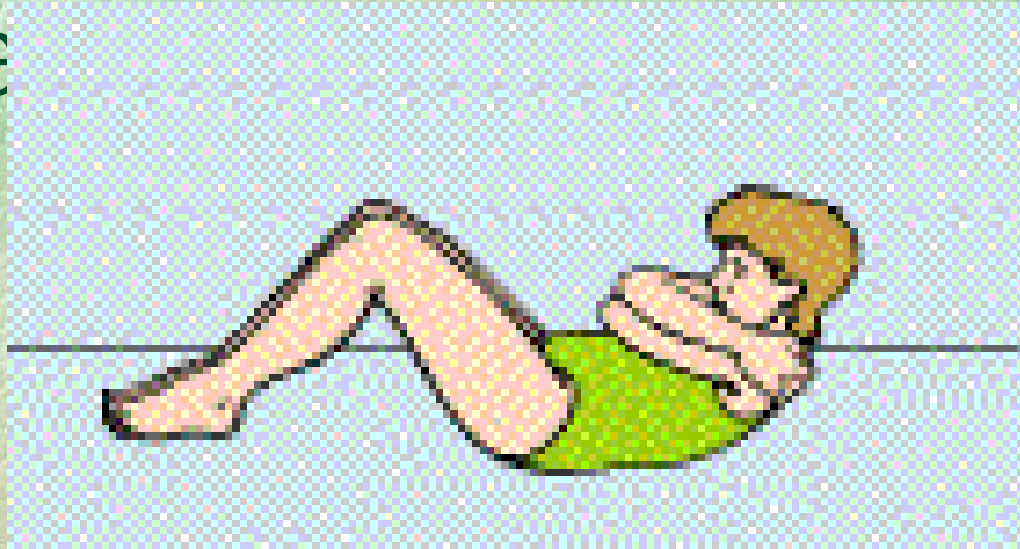
🐸 Crunches should always be performed keeping the abdominal muscles tight and curling upwards with the upper body. Breathe out as you raise upwards.

Straight-Leg Sit-Ups

As with the double leg raises, this is a fairly ineffective method of working your abdominal muscles. This exercise mainly works the hip flexor muscles (illio-psoas) which attach from your lumbar spine to the top of the femur (lesser trochanter).

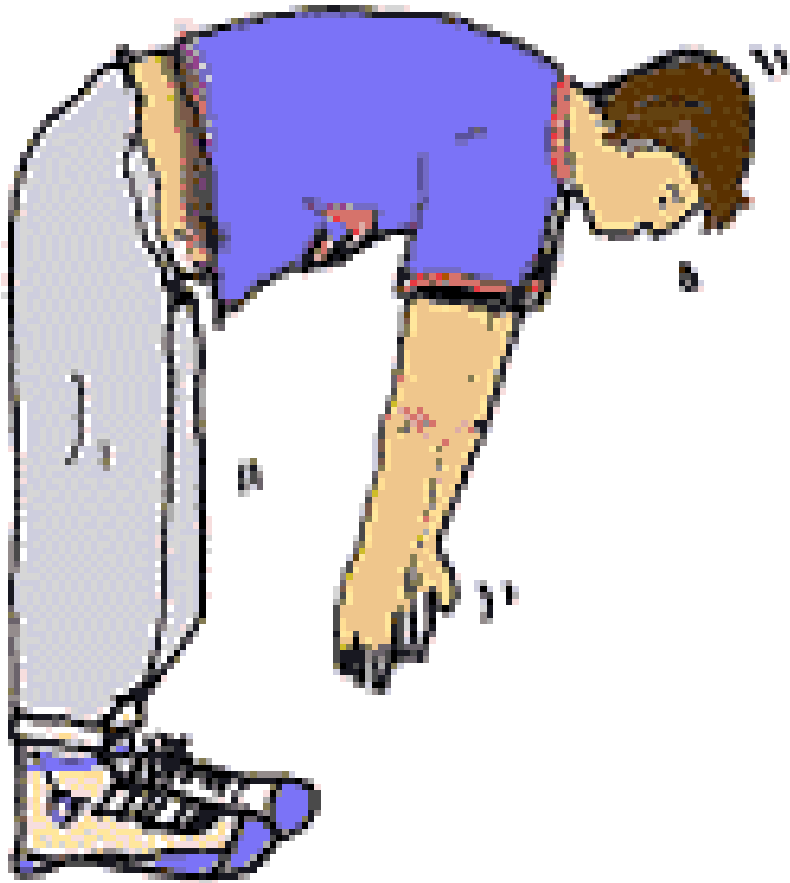
- **Safer Alternatives: Bent-knee sit-ups or any form of crunch exercise.**

Try a bent-knee sit-up instead



Lie down with your knees bent about 90 degrees and feet flat on the floor. Raise your torso, shoulders, and head 6-12 inches. Tense your abdominal muscles and hold for a few seconds. Return slowly to the floor and repeat. To avoid neck injury, hold hands at sides, across chest or crossed behind neck with either hand on the opposite shoulder. Do not

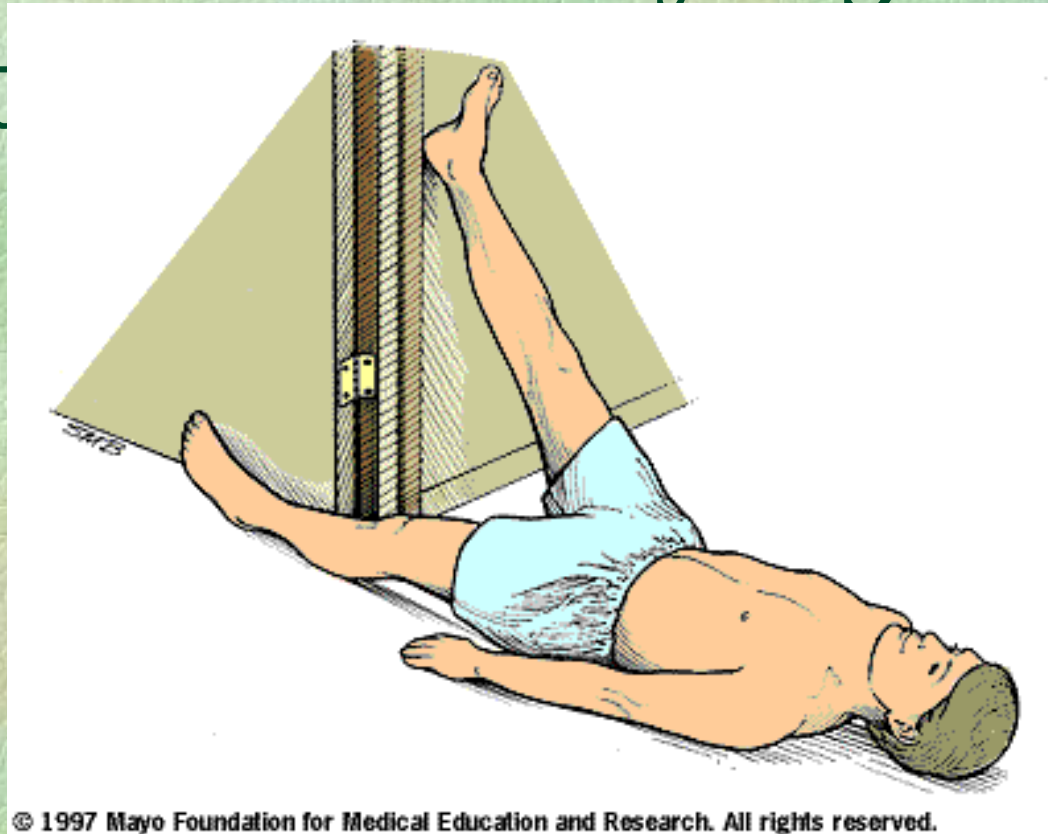
Standing Straight Leg Toe Touch



This exercise may cause damage to the spine by compressing the intervertebral discs. You may tear your erector spinae and/or hamstrings, particularly as this exercise is usually carried out in a "bouncing" movement.

👉 **A safer alternative:
The lying hamstring stretch.**

Recommended: lying hamst



Keep back straight as you lie in a doorway. Raise one leg against wall until you feel a gentle stretch behind knee. Keep the leg on the floor straight, well-aligned with your back. Hold for 30 seconds. Switch legs.

Full Squats (Deep Knee Bends)

Any weight-bearing exercise that takes the knee beyond 90 degrees is putting far too much pressure on all structures within and around the knee. Cartilage, meniscus, muscles and tendons, ligaments and the patella are all at risk of injury.

Safer alternatives: Take the squat to the 90 degree angle or do half squats, lunges, or step ups.

Donkey Kicks

Due to the ballistic nature of the donkey kick, the full range of motion is reached but the leg continues to rise due to the back hyperextending. This in turn may cause compression of the vertebrae.

- ▣ **Safer alternatives: A slower and more controlled donkey kick or hamstring and gluteal lifts.**

Safety and basic precautions in the fitness center



Safety Aspects of the Weight Room

Basic Rules:

1. No sleeveless shirts in the weight room area.



Appropriate clothing

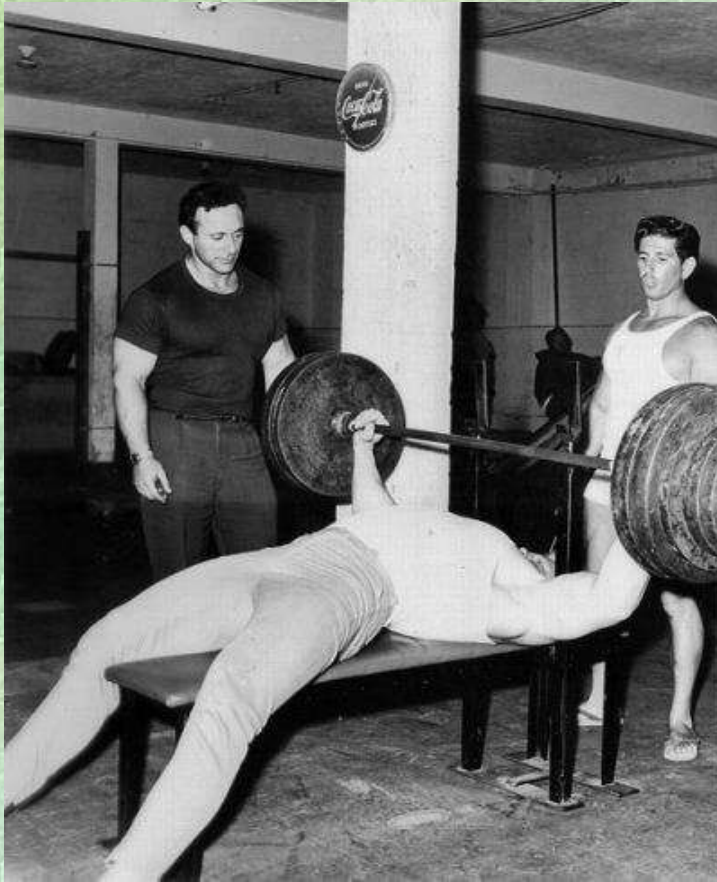


2. Make sure to re-rack weights



Accidents occur daily because weights are left in the way of a lifter

3. The Buddy system is a great way to work out



These guys are making sure that the weight does not fall on him, and they are also there for motivation.

No food or drinks in fitness area.

bottle caps confiscated in fitness
area



gatorade sold here